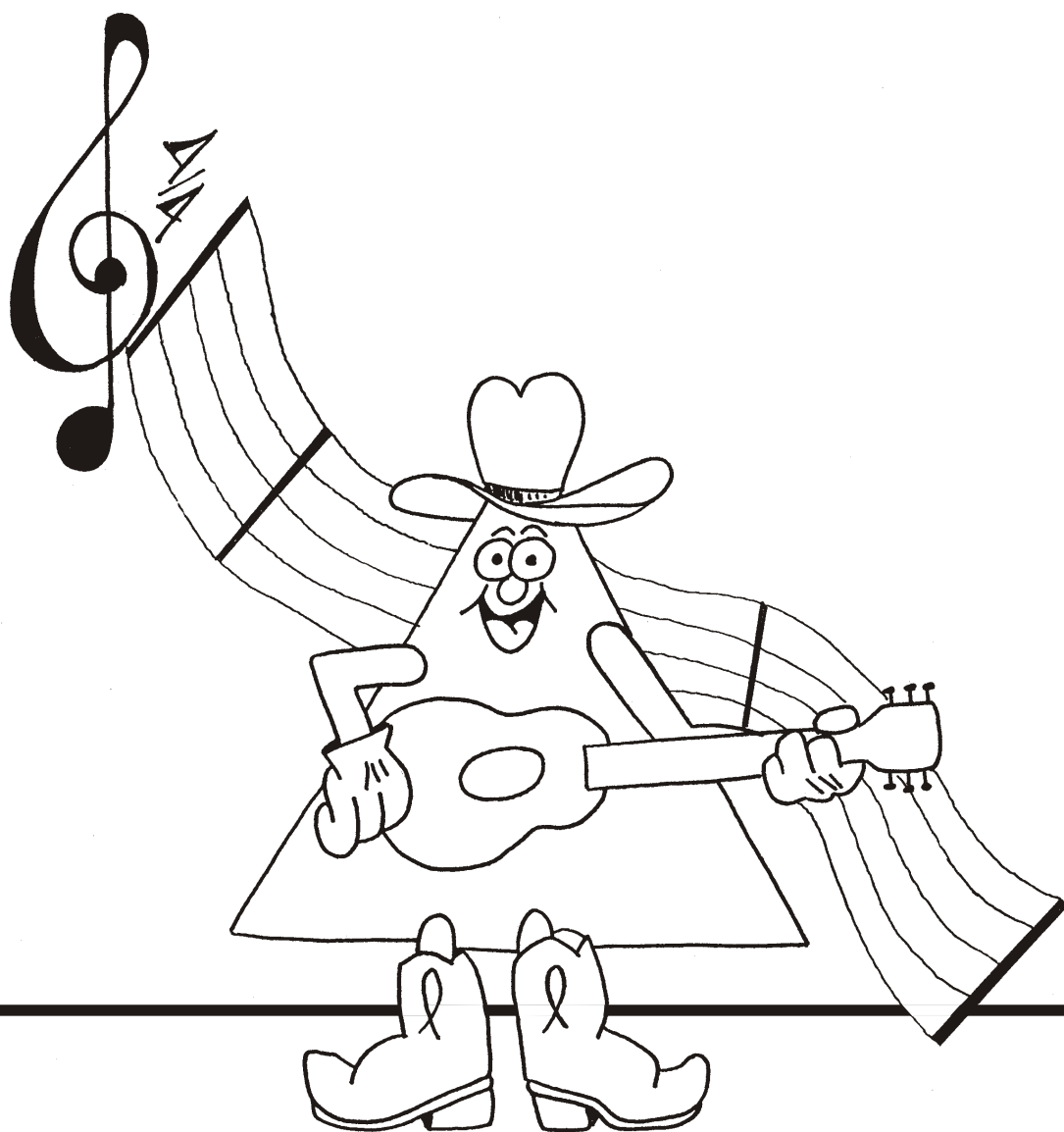
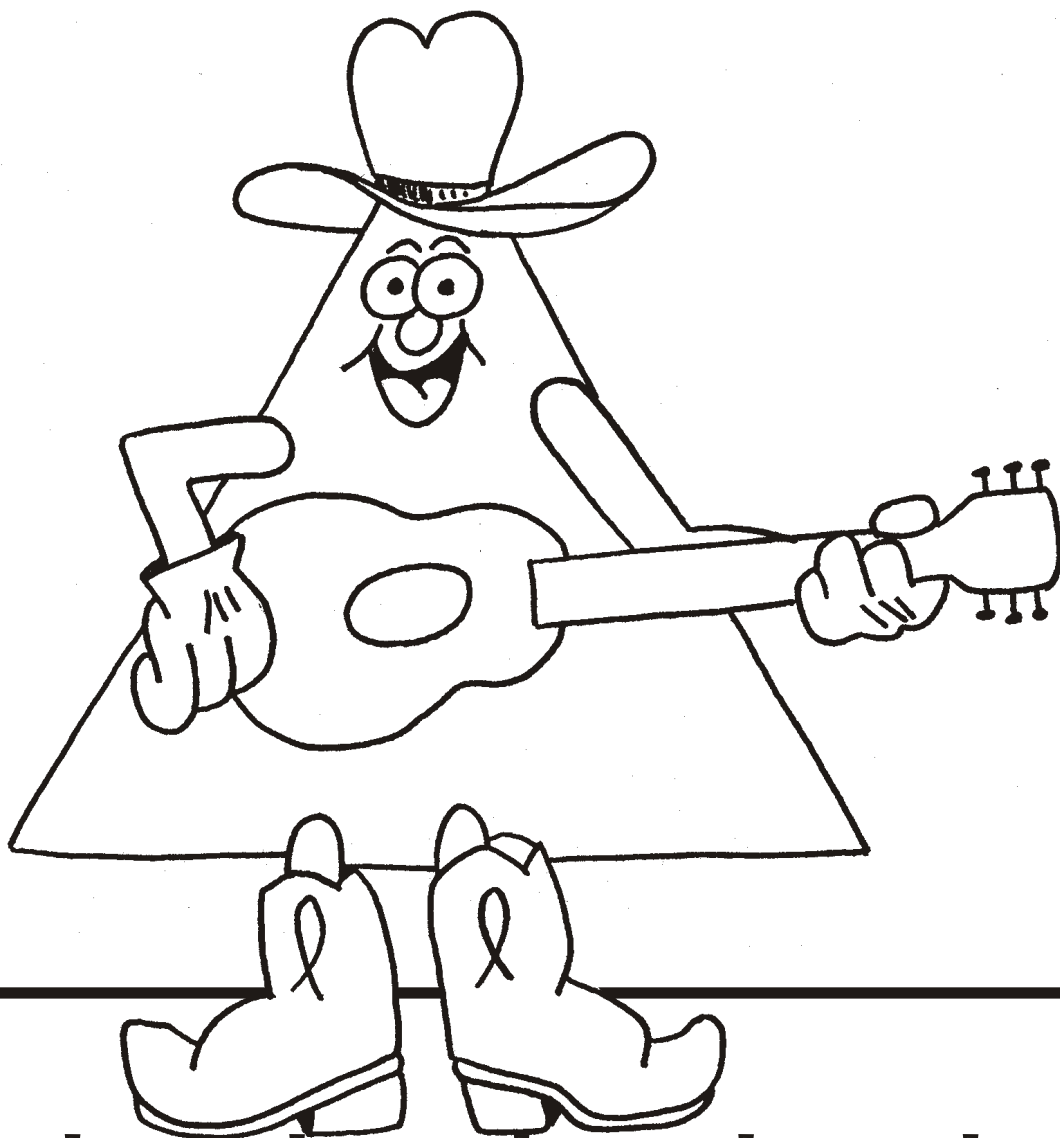


# Clyde

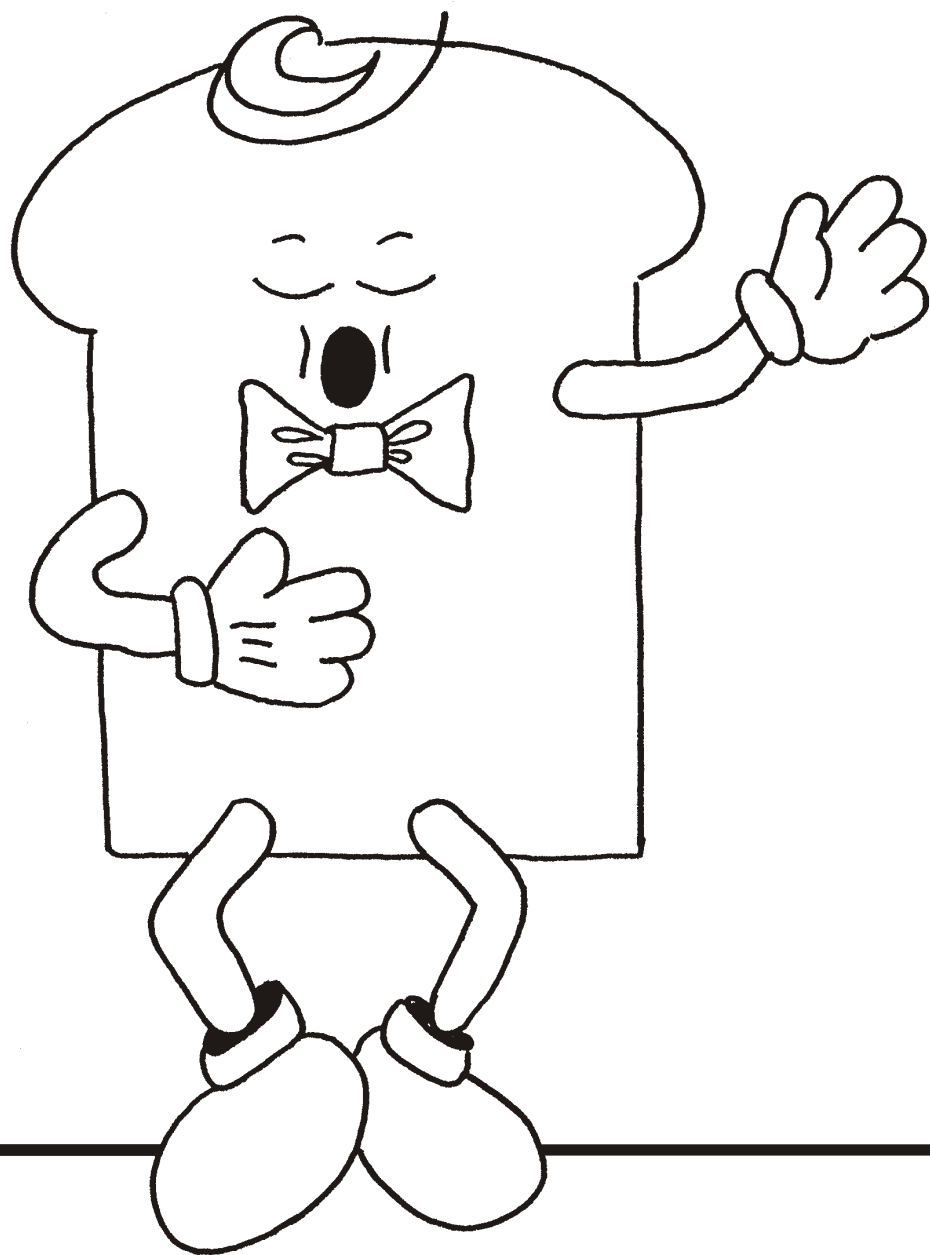
Your Food Pyramid Guide  
and The Good Foods Band



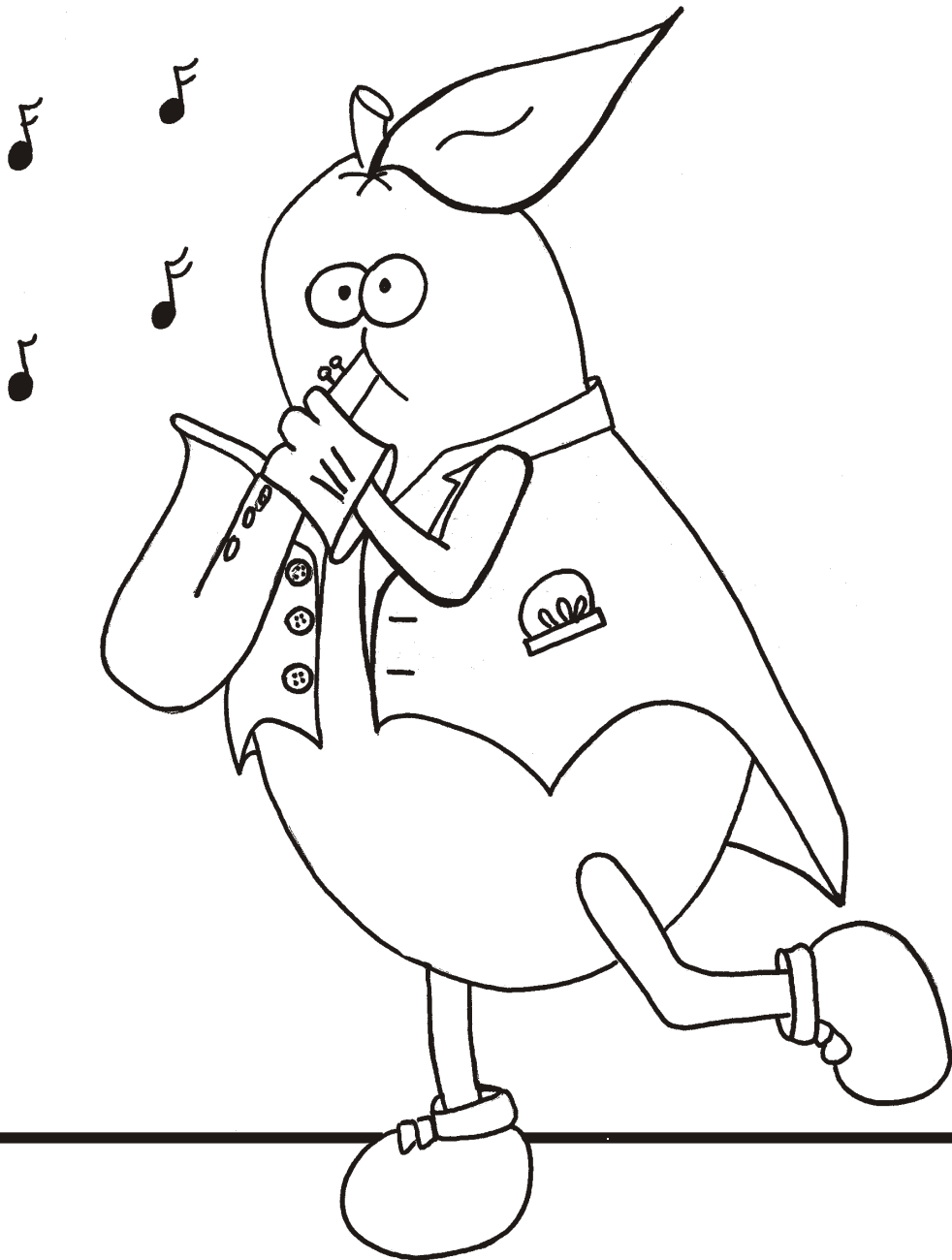
**Follow me, I'm Clyde the Pyramid Guide !  
Come along and join my Good Foods Band!**



**Lets get started with breads, grains,  
and cereals. We're classics!  
Make us a part of every meal.**



Jazz up your meals with Tooting Fruity  
...make sweet music with me!  
Fruits and fiber add beauty!



**Hi kids, I'm Miss Broccoli, part of the  
vegetable family. Lots of vitamins and variety  
keep you hopping and rocking with me!**



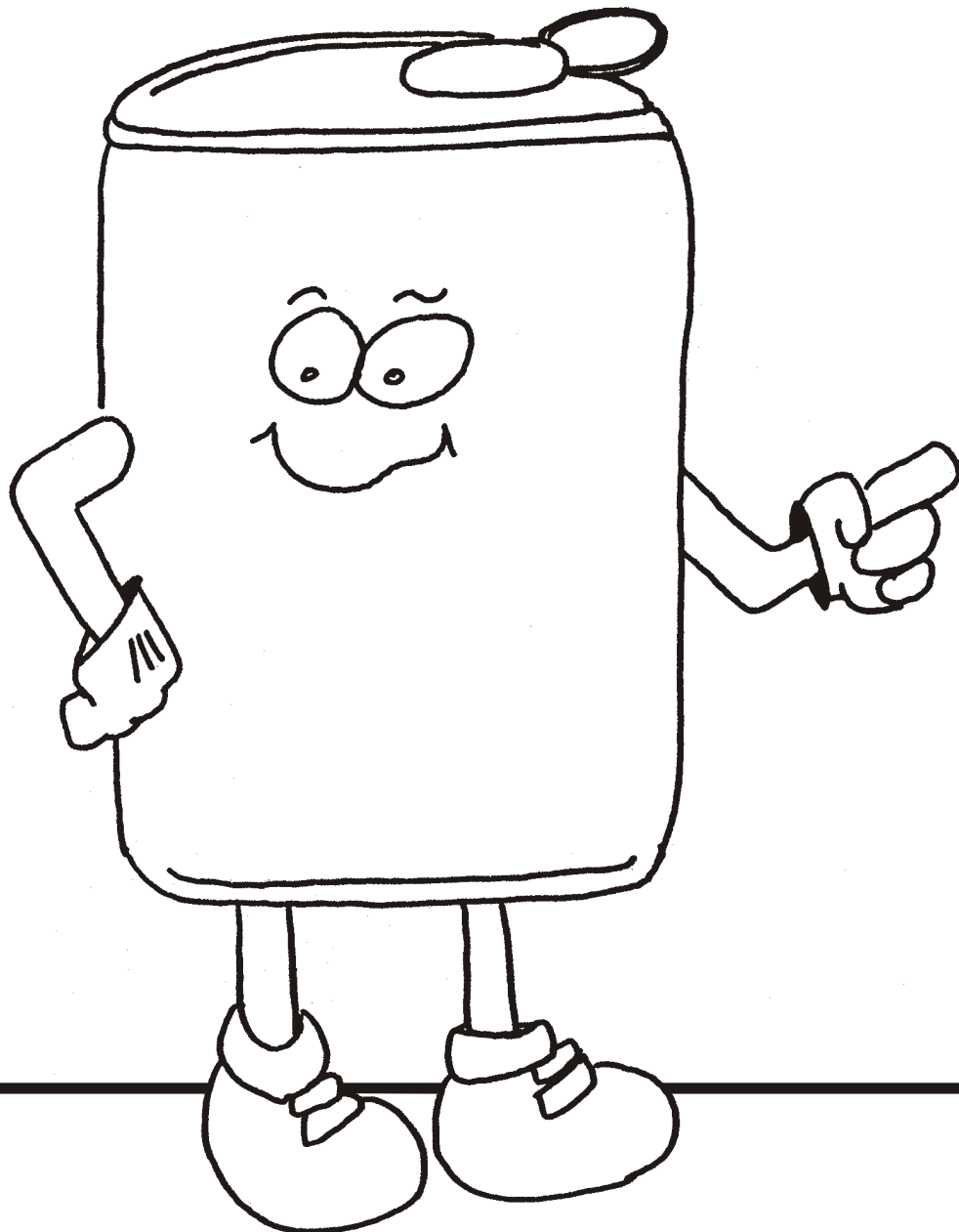
**Cha-Cha Chicken's the name. Meat and proteins are  
my game. You'll really be moving  
when you eat some every day!**



**Shake it up! Milk is great for teeth and strong bones. Lots of calcium keeps you dancing to the tunes!**



I'm Rocky Top Soda. Even I say fats,  
sodas, and sweets should be limited to treats.  
Too much of us can ruin your supper  
and are bad for your teeth!







**Together we make quite a band. Remember to eat something from all parts of the food guide pyramid and we'll be your nutritious helping hand!**

**Join Clyde and The Good  
Foods Band. Eat foods from  
each part of the Food  
Guide Pyramid every day.**



**MyPyramid.gov**  
**STEPS TO A HEALTHIER YOU**

**Coloring book created by Cindy Roberts  
for the Tennessee WIC Program**



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